

FREE E-BOOK

30-DAY APRON BELLY RESET JOURNAL

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Welcome to Your 30-Day Reset!

This printable journal is designed to help flatten your apron belly using three gentle but powerful daily habits:

- ✓ Heated Compression Wrap
- ✓ Morning Anti-Bloat Elixir
- ✓ Standing Core Flow (No Crunches or Planks!)

Use this tracker to stay consistent. Just 5–10 minutes a day can make a visible difference by the end of 30 days.

Daily Instructions

Every morning, complete these 3 steps:

1. Wrap It

Use a heated compression wrap for 30–60 minutes — ideally while sleeping or during downtime. This helps break up belly tension, stimulate sweat, and improve circulation.

2. Drink It

Make this quick anti-bloat morning elixir:






- 8 oz warm water
- Juice of ½ lemon
- 1 tsp grated fresh ginger (or ½ tsp powder)
- Pinch of cayenne (optional but powerful)
- Optional: Add 1 tsp apple cider vinegar for extra metabolism support

Drink on an empty stomach for best results.

Daily Instructions Cont.

3. Move It – Standing Core Flow (5 Minutes)

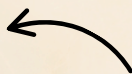
No crunches. No planks. Just gentle standing moves:

-  20 standing knee-to-elbow crunches
-  20 standing side reaches (10 per side)
-  10 standing hip circles (slow and controlled)
-  20 standing belly contractions (pull belly in & hold for 5 seconds)
-  Finish with 5 deep belly breaths

This resets your core, engages deep abdominals, and improves circulation.

DAY	WRAP	ELIXIR	CORE
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✓ Daily Tracker



Use the checklist
each day.

Add any notes or feelings.



Tips for Success

- Drink plenty of water throughout the day
- Minimize processed sugar and sodium
- Wear loose clothing for better circulation
- Take before/after waist measurements or photos
- Don't aim for perfection — aim for progress



You've Got This.

Even if you only check off 2 out of 3 things most days, that's still better than doing nothing.

Small consistent actions = big change over time.

Note: Always consult your doctor before beginning any new wellness routine, especially postpartum or post-surgery.